

# Golden Valley Seniors Newsletter

Senior Office • 763-512-2339

## June Events

### LIVING WISE and WELL—June 2

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

#### All You Need to Know about Hearing Health Care



Surprisingly, you may not be aware if you have a hearing impairment. Some forms of hearing loss are very mild and may only involve difficulty in hearing certain sounds or hearing in specific situations. Additionally, some types of hearing loss may occur so gradually that they progress without even noticing. Learn about hearing losses and how simple devices may improve your hearing. *Presented by Hearing Solutions Group.*

### COFFEE TALK—Wednesday, June 22



Join us for juice, sweet rolls, donuts, and, coffee.  
Fee: \$2.00, payable at the door.  
9:45 AM Refreshments  
10:00 AM Speaker

### Your Life-Your Story-Your Legacy

Your life story and those of your ancestors shape the lives of your children and succeeding generations. These precious memories need to be preserved. Inspirational and informative, Mr. Baker will provide practical ways to select, organize, and preserve your life stories, photos, family history and heirloom documents. Mr. Baker learned the rich value of legacy and began promoting storytelling in the 1990's while he and his wife served as missionaries in Ethiopia. Presented by Jeff Baker, *SagisLegacy*. Register by June 20.

### Money Matters— Thursday, June 16 10:00—11:00 a.m.

#### Be Wise, Be Informed, Be Empowered

Topics covered today include Scam Alerts, BBB Business Reviews, and how to empower yourself to take action to protect yourself and others in today's marketplace. *Presented by Gary Johnson, Senior Outreach manager for the Better Business Bureau of Minnesota and North Dakota.* Gary is committed to the mission of the BBB and has been associated with the BBB since 2004.



### PEDAL PUSHERS



Join Nancy as we bike the Twin Cities area. Bring a snack and water for the ride. All rides start at 9 AM

#### Tuesday, June 7—Mississippi Mile

Meet at the Boom Island parking lot off of West River Road & Plymouth Ave. Register by June 6.

#### Tuesday, June 21—Baker Park

Meet at the parking lot north of Highway 12, 1/2 mile on County 29. Register by June 20.

**Next rides:** July 12 & 21. Location to be determined. Call for information.

### Remember When?...with Jan

1:00 p.m. Dover Hills Apartments  
2400 Rhode Island Ave. N

Let's go back and enjoy our special memories.

*Thursday, June 23—Remembering Porches*



## July Events

### Look Up! Stories of the Constellations



**Wednesday, July 27**

Golden Valley Library  
830 Winnetka Avenue N.

6:30 PM Check-in/Refreshments  
7:00 PM Speaker

Just who was Orion? Why is he never in the sky at the same time as the Scorpion? Which constellations tell a love story with a happy ending, which is unusual in ancient mythology? Many constellations are near each other in the sky for a reason. We'll dig into the history and mythology behind the patterns and find some sense in their placement. This is for kids of all ages-kids and grandkids are welcome to attend.

*Presented by William Arden, MS, Augsburg College of the Third Age.* To register call GV Seniors or the library, 612-543-6375 starting June 15.



### COFFEE TALK—Wednesday, July 27



Join us for juice, sweet rolls, donuts, and, coffee.

Fee: \$2.00, payable at the door.  
9:45 AM Refreshments  
10:00 AM Speaker

### Mail Fraud and Postal Scams

Did you know that most frauds and scams share many common traits? Today learn tips to gain a better understanding of how to spot the most common scams. Arm yourself with this knowledge and avoid becoming a victim. Presented by Jeff Long, US Postal Service. Register by July 25

### Remember When?...with Jan

1:00 p.m. Dover Hills Apartments  
2400 Rhode Island Ave. N  
Let's go back and enjoy our special memories.



Thursday, July 28 –Remembering Gardens

### Full Circle Superior



**Thursday, July 28**

Calvary Center Coop  
7600 Golden Valley Road  
7:00 PM

Kate Crowley and Mike Link, husband and wife, trekked 1550 miles around Lake Superior in 2010. The 5-month expedition stretched across 3 states and a Canadian province. The combination of biological, physical, and cultural research with the adventure of walking around the largest lake in the world was a dramatic experience that Mike and Kate will share through photos and stories with us tonight. Register with Lara at Calvary Center Coop. by July 22, 763-544-1090 or [Lhoma1@fairview.org](mailto:Lhoma1@fairview.org). Limited seating.

### LIVING WISE and WELL—July 7

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

### OTC Drugs, Generic Prescriptions and Drug Disposal



What are OTC drugs? What makes a prescription drug generic and is it safe? What is the proper procedure for disposing of medications? Hear this and more from *Michael Reiff, Pharmacist, Golden Valley Walgreen's.*

### Money Matters

Thursday, July 21

10:00—11:00 a.m.



**Right and Wrong Ways to leave property to children.** A "must hear" session if you are planning on leaving the family cabin, hunting lodge or your home to your children.

*Presented by Jeff Molevar, Molevar Law Firm*

**Brookview Community Center is closed Monday, July 4th for the holiday.**

# Classes

## OILS and ACRYLICS with JUDY



Looking for a creative outlet? Instructor Judy Baron will teach you to paint pictures in acrylics or oil. Classes are small to allow for individual help. If new to the class, leave your name and number and Judy will call you about the supplies to bring to class.

Time: 9:30-11:30 a.m.

Mondays, starting May 2. Class is continuous through November 28. No class on July 4 and September 5.

Fee: 6-punch card-\$39/residents, \$44/non-residents. Punch cards may be purchased at the Recreation office.

## INTERMEDIATE BRIDGE



Made for the player who has basic knowledge of the game, sharpen your skills with instructor Dick Welander.

Friday, June 3-July 22

Time: 9-10:30 a.m.

Fee: \$31 residents/\$36 non-residents.

Code: 10715

## TAI CHI for HEALTH & ARTHRITIS



9:45-10:45 AM

For centuries, the Chinese have recognized the beneficial effects of Tai Chi to improve health, balance, and flexibility. This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Tuesday, May 17-June 28 (no class 6/14)

Code: 10714

Tuesday, July 12-August 16

Code: 10945

Cost: \$42/Resident, \$47/Non-resident

If enough interest is shown, a beginner class may be added meeting from 8:45-9:45 AM



## Defensive Driving Course - 4-HOUR REFRESHER COURSE



Thursday, June 9

Thursday, July 14

Thursday, August 11

9 AM-1 PM

\$17/person

Register at least ten days in advance with the Minnesota Safety Council to receive certificate at class. Flyer available at Brookview. Call the Senior Office for the flyer or call the Minnesota Safety Council at 651-291-9150 for more information.

*Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. This course, taught by professional certified instructors, is offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.*

**Register through the MN Safety Council.** Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Indicate the Golden Valley Brookview location.

## Center Happenings & more

### Blood Pressure Screening

**11:00-11:30 a.m.**



Wednesday, June 22  
Wednesday, July 27

This FREE service is provided by the staff from Ambassador Good Samaritan Care Center. No need to pre-register.

### Happy Feet Foot Care Clinic

**763-560-5136**



The clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a towel to dry your feet and your medical history with medications on your first visit.

Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. *If you need to cancel, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.*

Tuesday, June 14 & 21  
Tuesday, July 12 & 19

Fee: \$32. Payable to *Happy Feet Footcare, Inc.* and due at time of service

### Cards & Groups at Brookview

#### Bridge:

Thursdays, 6:30 pm—Open Bridge  
Fridays, 9 am—Open Bridge

**Cribbage**—Tuesdays, 1 pm

**Dominoes**—Mondays, 1 pm

**Euchre**—Thursdays, 1 pm

**500**—Wednesdays, 1 pm

**Jigsaw Puzzle** during Center hours.

**Par 3 Golf League**—Thursday mornings, May 5 - September 15. Join anytime during the season

**Pedal Pusher Bicycle Group**—Twice a month May-September. Call to be on the mailing list.



### Open Insurance & Medicare Answers



It is very important that you review your medical insurance information each year. Even if you are satisfied with your current plan, you should check if there is another plan in your area that offers better coverage at a lower price.

Now is the time to look at your health insurance plan and meet with our insurance counselor. He is here to aid you in your selection process.

Tuesday, June 14, July 12

Appointments at 9:00, 10:00 or 11:00 a.m.

Call 763-512-2339 to make an appointment.

### Mondays with Mary



Join Mary on Mondays at 9:30 a.m. to work on projects for Ambassador Care Center, GV Rehab & Care Center, Dinner At Your Door, and Golden Valley Seniors. We'll supply the materials and coffee. "The more the Mary-ier." No meeting 5/30.

**BINGO** every Tuesday at 2:00 PM at Country Villa, 7475 Country Club Drive  
Join us for this FREE event.

### COMPUTER HELP at GV LIBRARY



830 Winnetka Ave N.

Volunteers are usually\* available to give one-on-one help with basic computer skills on:

Mondays: 11:30-2:30

Wednesdays: 11:30-2:30

Saturdays: 11:00-1:00

\*NOTE: Please call ahead to be sure a volunteer will be available.

Welcome and thank you to **Pinnacle Services** for sponsoring Coffee Talk and to **Golden Valley Rehab & Care Center** for their donation to keep Money Matters and the Living Wise and Well programs affordable for you.



## The Mary Wanderers One Day Trips

### TRIP REMINDERS:

#### TARGET FIELD TOUR/LUNCH—June 7

10:15 AM Bus pick-up/3:15 PM return  
Last day to register or cancel: May 24

#### Twins vs LA Dodgers—June 29

10:45 AM Bus pick-up/3:15 PM return  
Last day to register or cancel: May 23

### On Golden Pond at the Old Log Theater Wednesday, July 20



Our afternoon begins with lunch at the Old Log. Then into the theater to see the play "On Golden Pond". This funny, touching and warmly perceptive play centers around lovable curmudgeon, Norman Thayer, Jr., and his

spirited wife, Ethel, who make their 48th annual trip to their summer home on Golden Pond in Maine. They are soon visited by their daughter and her fiancé, who, en route to a European vacation, leave behind his teenage son for the summer. The boy quickly becomes the "grandchild" the elderly couple have longed for, and as Norman revels in taking his ward fishing and thrusting good books at him, he also learns some lessons about modern teenage awareness - and slang - in return. **Special treat after the performance - a backstage tour with Don Stoltz**, longtime Old Log favorite and resident historian.

Cost: \$52

11:00 AM Bus leaves City Hall/Calvary Coop  
5:10 PM @ return

Last day to register or cancel is July 7  
Code: 10494

### SAVE THE DATE!

**October 26**—*Hairspray* at the Chanhassen Dinner Theater

**November 9**—Austin MN Holiday

**November 30**—*Plaid Tidings* at the Chanhassen Dinner Theater



Details in the next newsletter.

### Lunch Cruise on Lake Minnetonka



#### Monday, July 11

We'll shove off from Al and Alma's for a 1½ hour lunch cruise on Lake Minnetonka. The main cabin area is climate controlled with seating, large windows for viewing and restrooms. If you'd rather be outside, there is also an upper deck. A plated lunch of salad, sandwich, chips, dessert, coffee/water will be served. Bar service is available (on your own). The boat is not "legally handicapped accessible" but the crew is available to assist you with the steps.

Cost: \$34

10:00 AM Bus pick-up/2:15 PM @ return

Last day to register or cancel is June 27

Code: 10495



### Owatonna

#### Friday, July 15

Arrive at the Owatonna Arts Center for coffee and donuts. From 1888-1942, the Minnesota State School for Dependent and Neglected Children served as the temporary home for thousands of children including Harvey Ronglien. Mr. Ronglien was a ward of the state and spent most of his childhood at the orphanage and will share his story with us. We will tour the State School Orphanage Museum and see the historical restoration of the property, now a historical site. The Orphan's memorial, a project of Mr. Ronglien, was placed on the grounds in 1993. Our next stop is the Gainey Conference Center, an 180 acre estate. The French Norman-style home of the late Daniel C Gainey, CEO of Jostens and well-known breeder of Arabian horses, was bequeathed to the University of St. Thomas for graduate programs. Lunch will be served at the Center. Our last stop is Cabella's, the world's foremost outfitter of hunting, fishing and outdoor gear that also sells unique gift items including homemade fudge.

Cost: \$60

7:45 AM Bus leaves City Hall/Calvary Coop

4:30 PM @ return

Last day to register or cancel is June 27

Code: 10486

## The Mary Wanderers Trips

### Lunch Cruise & Centennial Showboat Tuesday, August 16



We'll shove off from Harriet Island for a one-hour narrated lunch cruise on the Harriet Bishop. Buffet menu:

Sunburst salad, sautéed chicken breast, roasted garlic potato puree, vegetable sauté, rolls/butter, cheesecake, coffee. After lunch, we'll walk three blocks to the Centennial Showboat for a performance of the melodrama "Demon Barber on Fleet Street" performed by the U of M Showboat Players. The play tells the tale of a barber who seeks revenge for the crimes committed against him by polishing off those who wronged him as they sit in his barber's chair. Peter Moore and Vern Sutton join forces to bring this tale to life with turn-of-the-century staging and fun-filled Vaudeville-style interludes.

Cost: \$77

11:15 AM Bus leaves City Hall/Calvary

5:45 PM @ return

Last day to register or cancel is July 25

Code: 10487

### Northstar Rail and Wobegon Trail – Thursday, Sept. 8



Arrive at the campus of St. Benedict's for a Chicken Dinner at the

Gorecki Center. After lunch, we will venture along the Lake Wobegon Trail to explore two historic churches with volunteer guides before arriving at the Big Lake Northstar Corridor Rail Station. Sit back and enjoy this new commuter rail operated by Metro Transit from Big Lake to Minneapolis.

Cost: \$54

11 AM Bus leaves City Hall/Calvary Coop

6:30 PM @ return

Last day to register or cancel is August 15

Code: 10484

### Geritol Frolics—Friday, October 14



Start the day in Baxter at the Christmas Point Wild Rice Company, a family owned and operated store, that proudly features products produced

"up North". Browse the three floors of unique items and/or enjoy coffee and treats in their café (on your own). Lunch at Prairie Bay Restaurant. Menu: Salad, glazed chicken breast, garlic mashed potatoes, caramel apple bread pudding and coffee/tea. Arrive at Franklin Arts Center for the 2 PM performance of the 2011 Geritol Frolics. More than 50 performers over the age of 50 create a show full of singing, dancing and comedy— a definite must-see! We'll stop on the way home to stretch our legs and get a snack (on your own).

Cost: \$62

8:45 AM Bus leaves City Hall/Calvary

8:00 PM @ return

Last day to register or cancel is Sept 21

Code: 10501

### Meandering with Mary



**For Golden Valley Senior members**, our 28 passenger bus takes us to wonderful local places, all favorites of Mary and Jeanne.

#### Schedule :

9:30 a.m. Bus leaves Calvary Coop & Apts

9:35 a.m. Bus leaves City Hall (water tower)

10 am-3 pm Mary stops and return to GV

### Tuesday, August 2—Code 10483

The clue for today's outing is "Round and round we go, where we stop only Mary will know". Coffee, tour, lunch and maybe a "Mary" stop (if time allows) rounds out the day. Register by July 22.

Fee: \$12 includes tour and bus. All other costs are on your own.

**NOTE:** Bus is **NOT** lift-equipped.

## The Mary Wanderers Trips

### Amtrak to Milwaukee—September 20-23, 2011



Price: \$775/person (double room)/\$895/person (single room). CODE 10655  
\$200 deposit due August 1. Final payment August 12.

Price Includes: Amtrak ticket and deluxe motor coach transportation, Lodging for 3 nights, Meals: 3 Breakfasts, 3 Lunches, 3 dinners, Gratuities on included meals and attractions  
Tour Director, Mary Odell. Travel insurance available. Call for brochure.

**DAY 1:** Leave about 6:00 AM for the Amtrak Station. Board Amtrak Train # 28 for coach class rail service to Milwaukee. By mid-afternoon the train will arrive at the Milwaukee Depot. Tour the Harley-Davidson Museum®. Dinner at Mader's German Restaurant. Check into the Country Inn & Suites for two nights.



**DAY 2:** Light breakfast at the hotel. Tour the Jelly Belly Center/Factory. Next, tour the Civil War Museum which is dedicated to the Midwest's role in the War. After a box lunch leave for the Danish Kringle Bakery to sample treats and make purchases. This afternoon meet Fred Hermes and see one of the largest organs ever built by Wurlitzer. Be entertained with some great musical selections and learn about the history and equipment used in theaters. Later, take time to shop in Greendale at the Reiman Visitor Center and the *Taste of Home* Outlet Store. Dinner at The Harmony House Restaurant.

**DAY 3:** Light breakfast at the hotel. Tour the Villa Terrace and the Renaissance Gardens, overlooking Lake Michigan. Stop at the Milwaukee Art Center to see the wings close and reopen. Have lunch at Watts Tea Room. A local guide will give a tour of downtown Milwaukee. Travel to Ft. Atkinson and check into the Holiday Inn Express. Have dinner and enjoy the evening performance "Seven Brides for Seven Brothers" at the Fireside Theater.



**DAY 4:** Light breakfast at the hotel and board the bus. Make a brief stop in New Glarus, and drive past the trolls in Mt. Horeb. In Mazomanie have lunch at the Old Feed Mill Restaurant. Estimated return 6:30 p.m.

### Winter Wonderland—December 3-4, 2011

**PRICE:** \$355 per person (2/room)/\$395 per person (single). **CODE:** 10653. **Deposit:** \$100.00 per person is due by OCTOBER 14, 2011. **Final Payment:** OCTOBER 31, 2011. Includes: motor coach transportation, lodging, meals as indicated by [C-coffee and rolls, B-breakfast, L-lunch, D-dinner, S-supper], Attractions as outlined, Gratuities on included meals and attractions, Mary Odell, Tour Director.

**DAY 1:** Leave @ 7:00 AM. Mid morning **coffee** stop. Experience "Norskedalen's Old Fashioned Christmas".



Begin with a **Norwegian lunch** and enjoy a celebration of the Holidays. Enjoy horse-drawn wagon rides around the decorated grounds, cabins and Bekkum Homestead. Hum along with area musicians and watch local artisans demonstrate traditional crafts. Check into the Best Western Riverfront Hotel in La Crosse. Drive through the **Rotary Light Display** that illuminates Riverside Park with more than 2.4 million lights. Enjoy the live nativity scene, visit with Santa or his reindeer. The dazzling lights display includes animated and musical exhibits. Have **dinner** before hearing **Handel's Messiah** at Viterbo University. [C,L,D]

**DAY 2:** Have **breakfast** at the hotel. [NOTE: transportation to early church service may be arranged]. Celebrate a **Victorian Christmas** at the historic **Hixon House**. Glimpse into the elegant Victorian lifestyle enjoyed by lumberman-financier Gideon Hixon. The restored residence is decorated for the holidays and costumed Docents share stories about the history of the house, the Hixon family and early La Crosse. **Sunday Brunch at Schmidty's Restaurant**. Tour **Chapels of St. Rose**. Designed by European Architects, it is Romanesque in style, with Corinthian pillars and windows of Bavarian glass. Altars of Italian marble are decorated with gold bronze, onyx pillars, and inlaid mosaics of Venetian glass and mother of pearl. Leave La Crosse and visit the Winona annual "**Christmas Candlelight House Tour.**" Each homeowner shares their special traditions in the spirit of hospitality. Make a midway stop for supper and return @ 8PM. [B,L,S]



## 5 Cities Transportation Groups 763-531-1259

**Call Five Cities Transportation at 763-531-1259 to register at least one week in advance, unless noted.**

Pre-registration required for all trips. Home pick-ups available on a limited basis.

If you have a reservation & cannot attend, please inform the Five Cities office.

Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28.

Pay the driver with cash or check made payable to "Prism"

**Fare for Special Destination trips:** \$7 cash for round-trip transportation or two punches from the bus pass. No one will be denied a ride if unable to pay the full fare. Please contact the Five Cities office for information. A minimum of 12 riders required for Special Destination trips.

### BRUNCH BUNCH



Order off the menu and pay with credit card or cash. Individual checks with tax and tip will be given. Bus picks up 9:30-10:30 a.m. Exact times given by 5 Cities staff.

June 28—Maynards, Excelsior

Reservations begin June 1

July 26—Burger Jones, Lake Calhoun area

Reservations begin July 1

### Vivace Concert Series



*Special Destination Fare applies*

**Thursday, July 28**

**Nicollet Island Pavilion**

Minneapolis Pops concert (indoors, air-conditioned and free goodies) followed by lunch at Kieran's Irish Pub (on your own).

11:00 AM Bus leaves GV City Hall

2:00 PM Approximate Return

**SPECIAL DESTINATIONS.** Special Destination fare of \$7 or two punches from the bus pass applies to these outings. \*\*NOTE: Bus is NOT equipped with a lift.

### **KING TUT EXHIBIT and OMNI THEATER—Friday, August 5**



We will begin our day at the Science Museum by delving deeper into the mysteries and science of mummification in the Omnitheater film *Mummies: Secrets of the Pharaohs*. Following the film, you'll have time to grab a quick bite to eat in the Elements Café. Then you'll experience the riches of royal life in Egypt more than 3,000 years ago in *Tutankhamun: The Golden King and the Great Pharaohs*. In the exhibit, discover more than 100 authentic artifacts illuminating the lives of great rulers buried in the Valley of the Kings, including the most famous of them all—King Tut.

**Cost:** \$28 includes admission to the exhibit, Omnitheatre film and escort PLUS Special Destination fare paid to the driver on the day of the trip. Lunch cost and any purchases are on your own.

**Register:** With New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail with the registration form on the back, or walk-in.

New Hope Parks and Recreation

4401 Xylon Avenue North

New Hope, MN 55428

Payment is due at time of registration. Refunds are allowed up to the deadline and are subject to a \$5 service fee. No refunds after the deadline date.

**Deadline:** July 21, 2011 or sooner if spaces fill.

Bus pick up: 9:45 a.m. Golden Valley City Hall (upper lot) - 7800 Golden Valley Rd

3:00 p.m. Depart for home

GOLDEN VALLEY, Crystal, New Hope, Robbinsdale and Brooklyn Center residents— do your shopping with us! We'll stop at your home or apartment complex and take you to Cub, Target, Walmart and more. Call **763-531-1259** to get a schedule of when and where we go.

## For Your Information

### 2011 MEMBERSHIP DONATIONS



Help support your program. Donation is good through December 2011. **Fee:** \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley."

**Code: 10609**

Send to Golden Valley Seniors, 200 Brookview Parkway, Golden Valley 55426

**Thanks for your support!**

### BRANSON ADVENTURE—Oct. 5-9



The Hopkins Senior Program is going to Branson and you're invited. Highlights: 8 shows, (Andy Williams, Clay Cooper, Hooray for Hollywood, Noah the Musical, The Platters, Doug Gabriel, SIX, Presleys) guided Branson tour, College of the Ozarks, Branson

Craft Mall, Russell Stover Outlet, and more. Price: \$679 (2 per room)/\$700 (single) includes 7 meals, 4 nights lodging, motorcoach transportation, tours, shows and escorts. Brochures available in GV Senior office or call Hopkins at 952-939-1333 for information

### Senior Dining - 612-269-8462



provides a delicious noon meal at Calvary Lutheran Church, 7520 Golden Valley Road. A donation of \$3.50 is requested, but no one will be denied a meal. Take out meals are also available. Call Tom from 9 AM-1 PM for reservations and questions.

### Dinner At Your Door-763-531-1183

Friendly volunteers deliver delicious meals to your door. If you are interested in this program, call Joanne at 763-531-1183 from 8:30-11:30 am for information/menu.

### Senior Community Services Outreach Program - 952-746-4028

Senior Outreach provides in-home counseling and case management to individuals and their families to help older people remain independent.

**CITY OF GOLDEN VALLEY WEBSITE**  
[www.goldenvalleymn.gov](http://www.goldenvalleymn.gov)

### It's More Than Just A Ride!

#### 5 Cities Transportation 763-531-1259



Available for your grocery and shopping needs, the bus will pick you up at your door if you live in Golden Valley to go to:

Cub Foods—Wednesdays

Walmart - 2<sup>nd</sup> Tuesday

Ridgedale—2nd Friday

Target - 4<sup>th</sup> Friday

Call the 5 Cities Office to be placed on the mailing list for the Golden Valley schedule.

**FARE:** The suggested fares are \$4 cash or \$3.50 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28. Pay the driver with cash or check made payable to "Prism."

*Over 20 years of experience and service!*

### PRISM Express—763-529-1252

is the curb-to-curb bus provided to residents of Golden Valley for medical appointments, personal shopping, banking, nursing home visits, etc. within the service area. A \$6/round trip donation is suggested. Call for info or to schedule a ride at least 3 working days in advance. Office is open M-F from 9-4.

### HOME North 952-746-4046



This program matches skilled workers (paid and volunteer) with those who need help with snow shoveling, cleaning windows, house cleaning and minor home repairs.

### COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259

Dinner At Your Door—763-531-1183

Golden Valley Seniors—763-512-2339

HOME North—952-746-4046

LinkVet Hotline—1-888-546-5838

PRISM Express—763-529-1252

Senior Dining—612-269-8462

Senior Linkage Line—1-800-333-2433

Senior Outreach—952-746-4028





**PRSRT STD  
US Postage  
PAID  
Permit 1659  
Twin Cities MN**

**200 Brookview Parkway  
Golden Valley, MN 55426-1364**

**Golden Valley Registration Form**

**First & Last Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Home Phone:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_

**Emergency Contact Name & Phone (if different from above):** \_\_\_\_\_

**Special Needs, Disabilities, or Allergies we should be aware of:** \_\_\_\_\_

Participant's First Name	Trip/Activity	Trip or Activity Code	Pick-up Site	Fee

**CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY**  
 In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

**PAYMENT TYPE:**  
 Cash  Check # \_\_\_\_\_  
 (Checks payable to: City of Golden Valley)  
 VISA  MasterCard

Card #: \_\_\_\_\_  
 Expiration Date: \_\_\_\_\_  
 Signature for credit card payment:  
 \_\_\_\_\_

**TOTAL DUE:** \_\_\_\_\_

**OFFICE USE ONLY**

FA \$ \_\_\_\_\_  
 GC \$ \_\_\_\_\_  
 Fee Paid: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Rec'd By: \_\_\_\_\_